




Seven Hills Recreation Center 2017 FALL/WINTER POOL SCHEDULE August 13th through December 31st

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>12 - 5:45 PM</u> Open/Lap Swim	<u>5:30 AM - 4:45 PM</u> Open/Lap Swim	<u>5:30 AM-8:45 PM</u> Open/Lap Swim	<u>5:30 AM - 4:45 PM</u> Open/Lap Swim	<u>5:30 AM-8:45 PM</u> Open/Lap Swim	<u>5:30 AM - 8:45 PM</u> Open/Lap Swim	<u>8:00 - 9:45 AM</u> Open/Lap Swim
	<u>5:00 - 7:00 PM</u> Learn-To-Swim (No Open/Lap Swim)	<u>**6:00 - 7:00 PM</u> Lap Lanes May Not Be Available During Water Aerobics. The Features Area of the Pool Will Be Open.	<u>5:00 - 7:00 PM</u> Learn-To-Swim (No Open/Lap Swim)	<u>**6:00 - 7:00 PM</u> Lap Lanes May Not Be Available During Water Aerobics. The Features Area of the Pool Will Be Open.		<u>10:00 - 12:00 PM</u> Learn-To-Swim (No Open/Lap Swim)
	<u>7:00 - 8:45 PM</u> Open/Lap Swim		<u>7:00 - 8:45 PM</u> Open/Lap Swim			<u>12:00 - 7:45 pm</u> Open/Lap Swim

<p><u>WATER AEROBICS CLASSES</u></p> <ul style="list-style-type: none"> • <u>Cardio & Toning W/ Leigh:</u> Tuesday & Thursday (6:00 - 7:00 PM)** **Due to Large Class size, Lap Lanes May <u>NOT</u> Be Available • <u>Low Impact W/ Leigh M/W & Renee on Fri:</u> Monday, Wednesday, & Friday (9:00 - 9:45 AM) • <u>Arthritis Class:</u> Monday, Wednesday, & Friday (10:00 - 10:45 AM) • <u>Aqua Barre W/ Katie:</u> Monday (7:45 - 8:45 PM) 	<p><u>IMPORTANT NOTES</u></p> <ul style="list-style-type: none"> • <i>Due to programming and rentals, THIS POOL SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE.</i> • <u>OUR #1 Priority</u>, is your safety. • <u>ALL AQUATIC FACILITY RULES MUST BE FOLLOWED OR YOUR AQUATIC PRIVILEGES MAY BE REVOKED.</u> • The pool may close due to inclement weather, a power outage, or if there are other maintenance issues without notice. • Please ask the pool staff any time during open swim if you would like the features or slide on. • During any of the water aerobics classes, the slide may be turned on at any time, but not the features.
<p><u>AFTER CARE</u></p> <ul style="list-style-type: none"> • Thursday from 3:30-5:30 pm 	

For more information please contact Mike (The Aquatics Supervisor) at 216-524-6262 ext. 404 or at mgallagher@sevenhillsohio.org

For more information about our aquatic programs go to www.sevenhillsohio.org